METHOD AND LEVELS OF PING NOTIFICATION

<u>ABSTRACT OF THE DISCLOSURE</u>

A method is provided for sending notifications to a mobile device to indicate that there is data on a computing device to be synchronized. Under one embodiment, the notification is sent as a short message service message. Multiple levels of notification are possible with the lowest level indicating only that there is data to be synchronized and the highest level identifying the object that changed and the content of the change.